

**Objectives:** We aimed to assess psychosocial risks among a sample of 235 healthcare workers deployed in COVID-19-related services in Portugal's Lower Alentejo.

**Methods:** Participants filled out with ten sociodemographic questions and the Euro-Portuguese medium version of the COPSOQ II questionnaire. Data collection occurred February 2021. Tertiles were used to render a traffic light risk categorization. Results were processed with qualitative and quantitative descriptive statistical analysis. To compare groups relative to each outcome, t-tests were used for variables with two categories. Whenever data was not normally distributed, Mann-Whitney tests were used. For variables with more than two groups non-parametric Kruskal-Wallis was applied. Bonferroni correction was also applied, testing each individual hypothesis at the level of significance of  $\alpha_i=0.05/29$ . A statistically significant difference between two groups did not necessarily yield a different risk colour.

**Results:** Overall, cognitive demands, emotional demands and influence at work showed the highest risk, while 19 domains showed intermediate risk. The burnout domain showed to be highest among nurses and operational assistants working in the Intensive Care Unit. Several associations between COPSOQ domains and sociodemographic variables are also discussed.

**Conclusions:** Assessment of psychosocial stressors in healthcare units is needed to promote risk reduction policies and workplace reforms. Accessible occupational services, therapeutic and rehabilitative strategies should play a role in improving health hazards in unhealthy workplaces.

**Disclosure:** No significant relationships.

**Keywords:** covid; occupational psychiatry; healthcare workers; psychosocial risks

### EPP0383

#### Psychotic-like Experiences during COVID-19 Outbreak: A survey from Pakistan

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**Introduction:** Despite the fact that adolescents have been at higher risk of distress during the COVID-19 pandemic, the effect of pandemic on psychotic-like experiences (PLEs) is not well described.

**Objectives:** The study's objective is to evaluate if PLEs are induced in young individuals aged 18-24 during the pandemic.

**Methods:** A total of 201 college students from Pakistan (ages 18-24) were recruited for a cross-sectional research. We investigated the

incidence of PLEs in Pakistan during the pandemic, their links to socio-demographic factors, COVID-19-related characteristics, depression, anxiety, and sleep difficulties. Community Assessment of Psychic Experience's positive symptom component (CAPE), Patient Health Questionnaire, Generalized Anxiety Disorder Scale, and IBM SPSS 25 were used.

**Results:** CAPE-Frequency and CAPE-stress were positively associated with PHQ total ( $p<0.0010$ ); GAD total ( $p<0.001$ ); time spent indoors due to COVID-19 ( $p<0.001$ ). Psychiatric disorder other than bipolar disorder or psychosis ( $p<0.001$  for CAPE-frequency and stress), family history of psychiatric disorders ( $p<0.001$  for CAPE-frequency and stress), chronic medical disease ( $p=0.021$  CAPE-frequency and  $p=0.026$  CAPE-stress), illegal drug usage ( $p<0.001$  for CAPE-frequency and stress) were associated with CAPE-Frequency and CAPE-stress. In linear stepwise regression analysis, the best model predicted CAPE-Frequency explained 77.4% of variance with the following variables: PHQ total ( $B=0.552$ ,  $SE=0.08$ ,  $t=6.909$ ,  $p<0.001$ ), GAD total ( $p<0.001$ ), duration at home ( $p<0.001$ ), and psychiatric disorder in family ( $p<0.001$ ).

**Conclusions:** PLEs have been linked with anxiety and depression during the pandemic. Individuals with a mental condition, family history of psychiatric disorder, chronic medical illness, illicit drug use, and increased time spent at home experienced more PLEs and stress.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Psychosis; adolescents; psychotic-like experiences

### EPP0384

#### The relationship between anxiety and dysfunctional breathing among the Russian population during the COVID-19 pandemic

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**Introduction:** Dysfunctional breathing is a pattern of respiratory movements that do not correspond to the physiological needs of the body and can lead to a series of respiratory, cardiovascular, digestive, sensory and neurological symptoms (Vidotto et al., 2019). The causes of dysfunctional breathing are a combination of biological, psychological and social factors.

**Objectives:** To examine the relationship between anxiety and occurrence of dysfunctional breathing in the Russian population under the conditions of the COVID-19 pandemic.

**Methods:** We used a socio-demographic questionnaire, the Naimigen questionnaire (Van Dixhorn, Duivenvoordt, 1985), the State-Trait Anxiety Inventory (Spielberger et al., 1983). The study was conducted online from April 27 to December 28, 2020. It was

attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years ( $38.3 \pm 11.4$ )

**Results:** It was revealed that with a low level of state anxiety (< 35 points), dysfunctional breathing was detected in 4.8% of respondents; while with a borderline level of anxiety (> 60 points) there were at 55.9%. A similar dependence was found for personal anxiety: at a low level (< 35 points), dysfunctional breathing was detected in only 4% of respondents; while at a borderline level of anxiety (> 60 points) at 62.8%.

**Conclusions:** Dysfunctional breathing can occur among people with high and borderline levels of situational and personal anxiety during the COVID-19 pandemic. Results allows us to conclude that dysfunctional breathing and anxiety are not equivalent concepts, although they have a common phenomenological field. The study was supported of the Russian Science Foundation, project No. 21-18-00624.

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**Keywords:** Anxiety; Covid-19 pandemic; dysfunctional breathing

### EPP0385

#### An observational naturalistic study on non-suicidal self-harm behaviours in a cohort of adolescents and young inpatients during COVID-19 outbreak

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**Introduction:** Non-suicidal self-harm (NSSH) include deliberate behaviours with the intent to self-injure. NSSH prevalence ranges 15.5%-31.3% in adolescents and young adults <25 years-old.

**Objectives:** Our aim is characterizing the psychopathological domains occurring in adolescent and young adults with NSSH during the second COVID-19-related wave (October 2020-August 2021).

**Methods:** A cross-sectional study recruited inpatients aged 15-24 consecutively afferent to psychiatric ward due to NSSH, by investigating anger rumination (ARS), emotional regulation (DERS), dissociation (DES-II), metacognitive capabilities (MCQ-30), perceived stress (PSS), self-criticism (LOSCS), emotional intelligence (Reading the Mind in the Eyes Test-RMET), aggressiveness (AQ), impulsiveness (BIS-11), hopelessness (BHS), alexithymia (TAS-20). NSSH were characterized by using suicide score scale (SSS) and deliberate self-harm interview (DSHI).

**Results:** A 7-fold increase in young inpatient access was observed from 2019 to 2021. DSHI median was 2 (95%CI=1,17-2,73), SSS-12months median was 5 (95%CI=4.2-6.7), SSS-lifetime median was 5 (95%CI=3.4-5.3) and MINI median was 5 (95%CI=3.4-4.7). Linear regression analysis and Pearson's correlations revealed strong correlations between DSHI and BHS ( $r=0.550$ ), TAS-20 ( $r=0.495$ ), AQ-hostility ( $r=0.529$ ), AQ-total ( $r=0.446$ ), PSS ( $r=0.454$ ), DERS-total ( $r=0.621$ ), DERS-lack\_of\_control ( $r=0.658$ ), MCQ-total ( $r=0.534$ ), MCQ-perception\_danger\_not\_control ( $r=0.583$ ); between SSS-12months and AQ-total ( $r=0.456$ ),

AQ-Anger ( $r=0.443$ ), BIS-total ( $r=0.457$ ), BIS-Attentional-Impulsiveness ( $r=0.511$ ), BIS-Complex-Motor-Impulsiveness ( $r=0.507$ ), PSS ( $r=0.617$ ), DERS ( $r=0.571$ ), DES ( $r=0.559$ ).

**Conclusions:** COVID-19-related increased perceived stress and depressive symptomatology may have facilitated the onset of severe NSSH in adolescents and young people with trait impulsiveness, hostility and affective dysregulation.

**Disclosure:** No significant relationships.

**Keywords:** Self Harm; NSSI; Covid-19; adolescent

### EPP0386

#### Perception of the COVID-19 pandemic by individuals who previously sought psychiatric assistance.

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**Introduction:** COVID-19 pandemic leads to high levels of stress. Individuals who have previously sought psychiatric assistance are more sensitive.

**Objectives:** Analysis of the perception of the pandemic by people who have previously sought psychiatric care.

**Methods:** An internet-survey (20.03.2020 - 13.01.2021) (N=659; 152 - previously sought psychiatric assistance); included SCL-90-R; questions about the levels of anxiety, depression, and fear (assessed on 0-10 scale); question about opinion on COVID-19 pandemic (coded further on the basis of meaning); question about epidemiological situation of COVID-19 in respondents' places of residence and their social circles.

**Results:** Individuals who had previously sought psychiatric assistance demonstrated higher levels of anxiety ( $5,533 \pm 2,489$  versus  $4,774 \pm 2,590$ ), depression ( $4,945 \pm 2,926$  versus  $3,861 \pm 2,988$ ), and fear ( $0,195 \pm 0,397$  versus  $0,278 \pm 0,448$ ). They showed roughly equivalent reactions to both anticipated and real danger (z-score GSI of SCL-90-R 0,90 versus 0,90 for anticipated and real danger respectively), the same indicator of the control group (0,53 and 0,65). In statements about the pandemic, they are more often referred to the topic of "positive effects" of pandemic (3,30% versus 0,99%), expressed "curiosity" (5,92% versus 2,37%). They were less drawn to conspiracy (9,87% versus 16,17%), and exploited more readily the topic "about myself" (20,39% versus 13,21%), negative images of "the present" (3,64% versus 1,58%) and "the future" (15,79% versus 9,47%), vocabulary of "anger" (5,92% versus 2,17%).

**Conclusions:** Individuals who had previously sought psychiatric assistance were ambivalent in their attitudes towards pandemic, and tended to concentrate more on feelings and the negative vision of the future. They perceived anticipated danger roughly equivalent to real danger.

**Disclosure:** No significant relationships.

**Keywords:** perception of the pandemic; Anxiety; Covid-19; Depression